

#8- THREE KINDS OF PAIN YOU MUST TACKLE TO REACH 90

“MARCH TO 90”*

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If you are an intractable pain patient with constant pain, you have “centralized” your pain. A small cell in your brain called “microglial” has been activated and is producing hot spots that are painful balls of electricity and neuroinflammation that operate 24/7.

Here’s the issue. If you have centralized, constant pain you will have to take steps to combat 3 different kinds of pain:

	<u>PAIN TYPE</u>	<u>EXPLANATION OF THE 3 TYPES</u>
1.	Baseline	Always present in the hot spot of electricity and neuroinflammation
2.	Brain Discharge or Descending	The hot spot will periodically discharge electricity down your vagus and other nerves to give you such symptoms as jerking, burning, stabbing, water dripping, bugs crawling,
3.	Flare	Episodes of severe, unexpected pain.



3 KINDS OF TREATMENT

<u>#1. BASELINE PAIN</u>		
<u>NEUROINFLAMMATION</u>	<u>SLEEP</u>	<u>NEUROGENESIS (NEURON RE-GROWTH)</u>
Ketorolac	Tryptophan	Pregnenolone
Methylprednisolone or dexamethasone	5-Hydroxytryptophan (5-HTP)	Human Chorionic Gonadotropin
Curcumin/Turmeric	Melatonin	Nandrolone
Serrapeptase		

<u>#2. BRAIN DISCHARGE OR DESCENDING PAIN</u>
Amphetamine Salts or Methylphenidate
Tizanidine or Clonidine
Taurine

<u>#3. PAIN FLARES</u>
Oxytocin
Ketamine
Opioids – Last Resort

While the drugs listed above are usually our 1st choices, there are some others that we, at times, recommend:

NEUROINFLAMMAITON: acetazolamide, metformin, pentoxifylline, clarythromycin

BASELINE: Low dose naltrexone (not an opioid); can't take if on opioids

NEUROGENESIS: Medroxyprogesterone, estradiol, DHEA, testoserone

SLEEP: Zolpidem (Ambien®), Temazepam, amitryptiline – if severe insomnia

BRAIN DISCHARGE/DESCENDING: Dextroamphetamine, phentermine, carisoprodol, gabapentin, topirimate, baclofen, diazepam, valerian root, St. John's wort

PAIN FLARES: Fioricet®, palmetoylethanolamine (PEA), kratom, CBD oils

TAKE ACTION TODAY!

Carefully look over this bulletin.

Do you understand the 3 different types of pain?

Are you taking medical agents for all three pain types?

Are you sharing this information with your fellow pain sufferers and physicians?

*Stay on the "March to 90" by following our updates on these websites:

www.familiesforiprelief.com

www.arachnoiditishope.com

www.foresttenant.com

www.hormonesandpaincare.com

